

# 4 WEEK PROGRAM STARTING DEC 8TH

## Total Diamond Development Baseball Academy

SMALL GROUP HITTING SESSIONS (3-5 athletes per group)

- Blast Motion & HitTrax technology
- Overload Underload Training
- Maximize rotation/bat speed
- Create efficient movement patterns
- Increase bat speed / flight distance



### Instructors

Jeff Ziemecki	Ryan Wayne
Driveline Foundations of Hitting Cert.	Driveline Foundations of Youth Baseball Cert.
Associate Head Coach - Niagara County CC	Hitting Coach - Niagara County CC
Program Director - Thunderwolves Baseball	Ast. Program Director - Thunderwolves Baseball

REGISTRATION NOW OPEN FOR SESSION'S II & III

### SESSION II

Tuesday's – Dec 8, Dec 15, Dec 22, Dec 29

Group 1 – 5:00-6:00pm

Group 2 – 6:00-7:00pm

Group 3 – 7:00-8:00pm



### SESSION III

Tuesday's – Jan 5, Jan 12, Jan 19, Jan 26

Group 1 – 5:00-6:00pm

Group 2 – 6:00-7:00pm

Group 3 – 7:00-8:00pm

Cost: \$125.00 Camp fee (\$100.00 repeat customers)

+ \$60.00 Blast fee (new customers)

Total - \$185.00 (new customers) or \$100.00 (repeat customers with Blast)

(Total Diamond Development charges an annual Blast fee that includes all camps & clinics)

To register: Email [totaldiamonddevelopment@gmail.com](mailto:totaldiamonddevelopment@gmail.com)

Niagara International Sports & Entertainment

6929 Williams Road, Niagara Falls, NY 14304